



**QUICKIE HAND LUGGAGE
PACKING LIST FOR IBS
TRAVEL**

QUICKIE HAND LUGGAGE PACKING LIST FOR IBS TRAVEL

When you're going away from home maybe overnight, a city break or for a week or two, it's important to have everything you need in your hand luggage for any emergencies.

It's even more important when you suffer with IBS and are sticking to the low fodmap diet.

Here's your very own checklist to store on your phone or device to help you pack for your next break away.



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Packing your hand luggage

You need to fill your hand luggage with fodmap friendly essentials, to prevent and keep you IBS symptom free whilst travelling (and keep you going for 3 days incase your luggage goes missing.)

- A condensed emergency IBS toiletry pack
This should include things like:
 - Wet Wipes
 - Gloves & Disposable bags
 - Change of knickers
 - Immodium, peppermint oil & ginger capsules (for any nausea)
 - Leggings & change of clothes
 - Squat potty (seriously, google it!)
 - Hand sanitizer



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7 days worth of your IBS medication

14 x pairs of comfy underwear, especially for any accidents

Enough low fodmap snacks from the shopping list in the Ultimate guide (also lots of recommendations in the Low Fodmap Travel & Gut Health Group) or any stomach friendly treats for the length of time you will be travelling. (Roast veggies, bananas & sachets of PB are my go to. Also Raw Chocolate Company Choccie is fab!)

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- 7 x sachets of your peppermint and ginger tea (you can resuse each one once!)
- A beach cover up
- A bikini or tankini you will feel fabulous in (if on a beach holiday or spa day.)
- A change of comfy clothes for when you feel a bit ' bleurgh' or have accidents!



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- Your iPod or iPhone full of relaxing music to keep you calm and stress free whilst travelling.
- Gym clothes for you to work out in to ease and prevent those stomach cramps if IBS-C.

This **quickie packing** list is handy for when you think you've forgotten something. Use this and the full post '**Wardrobe Essentials for IBS Travel**' to make prepping for your next adventure, easy.

